

## Claims

- Sub B1
- 5
- Sub D12
- Sub A2
- 15
- Sub A3
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1. Orally applicable natural formulation comprising St. John's Wort (*Hypericum perforatum*) or its extracts or active ingredients in combination with derivatives of dihydro- and tetrahydrofolic acid or suitable salts thereof.
  2. Formulation according to claim 1 comprising Hypericin St. John's Wort in form of its water or alcohol extract.
  3. Formulation according to claim 1 or 2 comprising a derivative of folic acid selected from the group consisting of 5-methyltetrahydrofolic acid, tetrahydrofolic acid, dihydrofolic acid, 5-formyltetrahydrofolic acid, 10-formyltetrahydrofolic acid, 5,10-methylenetetrahydrofolic acid and 5-methenyltetrahydrofolic acid or their suitable salts.
  4. Formulation according to claim 3 comprising 5-formyltetrahydrofolic acid or its salts which comprises additionally vitamin B12 and betaine anhydrous.
  5. Formulation according to claims 1 to 4 in the form of a dosage unit, comprising 400 to 5000 mcg of dihydro- or tetrahydrofolic acid derivatives.
  6. Formulation according to claims 1 to 4 in the form of a dosage unit, comprising 400 to 5000 mcg of 5-formyltetrahydrofolic acid or its salts, 50 mg to 2000 mg of betaine anhydrous and 0,5 to 10 mcg of vitamin B12.
  7. A method of using the formulation according to claim 1 which comprises employing the formulation of claim 1 as a food supplement.
  8. Method of prevention of neurological and psychopathological diseases which comprises orally administering a formulation according to claim 1.
  9. Method of supporting a pharmacological treatment of neurological and psychopathological diseases which comprises orally administering a formulation according to claim 1.